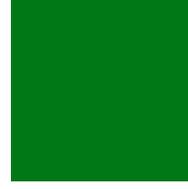
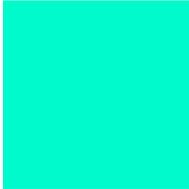
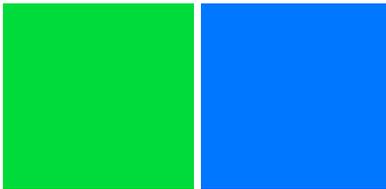




# inside reach



summer  
2011  
newsletter

## Growing friendships

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news



*Programs like the Kids Friendship Club for older children and teens address needs such as the development of social skills and emotional regulation at specific ages and stages of life. Read about this program starting up again in the fall, page 4 inside.*

# inside reach

is published quarterly and is distributed free of charge to the membership of Reach Child and Youth Development Society.

If you would like to subscribe or unsubscribe call 604-946-6622 ext. 0 or email [info@reachdevelopment.org](mailto:info@reachdevelopment.org) and write "newsletter" in the subject line.

Submissions are welcome. Children's writing or artwork is welcome. Please include your contact information with your submission.

Submissions can be emailed to [cnidoski@reachdevelopment.org](mailto:cnidoski@reachdevelopment.org) with "newsletter" in the subject line, faxed to 604-946-6622 (please do not fax artwork), mailed or dropped off at the front desk. For more information about the "inside reach" newsletter please call 604-946-6622 ext.337.



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## Message from the President...



Summer is finally here, or so I am told. Its been a while coming, I hope it lingers late this year.

Our fundraising activities continue, with a word of thanks to the Tsawwassen Lions and the Ladner Rotary Club for very generous donations this year in support of our new building initiative. And as of the time of writing, we have had no concrete word regarding our application to the federal government for a significant grant to support our new building, except that our application is still being considered, so hope springs eternal! Stay tuned.

We have closed our books for the year, congratulations to Mei Tei and Brenda Cheung for keeping our books in fine order through a rather tumultuous year. As shown by the very positive outcome of the annual financial audit prepared by Linda Cran, we managed to keep our financial books in order despite the challenges. Well done Jack and our financial team!

Of continuing interest to myself and the Reach board is the integration of our strategic plan into our operation. Our outcomes planning process will consider these goals, and each program will show how it has been impacted by our strategic goals in concrete terms. Of course

we can't do everything at once, the challenge is to choose an appropriate strategy to weave some portion of the overall strategic plan into the outcome goals of each program.

The impact of full day kindergarten and the changing age demographic were significant discussion points at our recent board meeting. It always amazes me how much Renie, our Executive Director, and our team has to stay aware of, and to forecast, to keep our organization running reasonably smoothly. Even though it may feel a bit bumpy sometimes, the major potholes are usually filled in before we get there, because of the efforts of our top notch management team.

I trust that you will find some time to relax with your family this summer. It seems we are so busy, all the time. Don't forget just to sit back and "chill out" with your family on a warm summer evening, the smell of dinner still lingering in the air, with school and schedules just a dim glimmer on the horizon.

Hope to see you at the Reach Annual General Meeting on October 1st.

*Rob vanSpronsen, President*  
*Reach Child and Youth Development Society*



### We want your feedback...

Your feedback is important to us in helping to determine the design and delivery of programs that best meet the needs of children, families and the community. Please feel free to call Reach or email anytime with comments. Phone 604-946-

6622 ext. 342 or email at [lisaw@reachdevelopment.org](mailto:lisaw@reachdevelopment.org)

## Upcoming at Reach.....

### Reach Developmental Preschool

in South Delta and North Delta have spaces available for fall 2011. Mornings or afternoons.

Visit the preschool page on our website at <http://reachdevelopment.org/reach-developmental-preschool-south-delta.html> or call 604-946-6622 ext 308 for more information.

### Reach Workshops

will be starting up again in September. Some upcoming topics include:

- \* Positive Parenting
- \* Learning About I.E.P.'s (Individualized Education Plans)
- \* Advocacy for Your Child's Education
- \* Sexuality and Abuse prevention: Preparing a Plan for Your Child With Special Needs

Check our events calendar regularly for event workshop postings at <http://reachdevelopment.org/events/index.php>

save the date!!

## Saturday October 1st, 2011 Reach Annual General Meeting & Family Fun afternoon.

games & prizes

arts & crafts

Delta Gymnastics  
Activity Centre



balloon animals

face painting

fun for the  
whole family!

Lunch included.

Bring the kids for a day of fun and an opportunity to vote at the AGM.

Invitation to come.

To R.S.V.P. call Susan at 604-946-6622 ext. 0

## from the Reach Library....

*special youth guest editorial, Daniel Lundquist, age 15*

### The ADHD Workbook for Teens: Activities to Help You Gain Motivation and Confidence

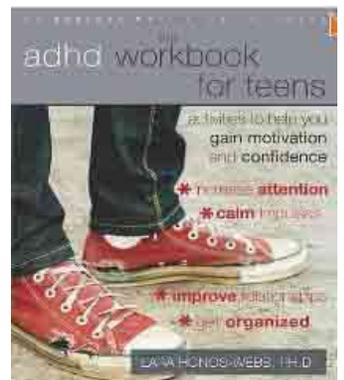
By Lara Honos-Webb Ph.D

The "ADHD Workbook for Teens" is a great aid for almost any situation that may arise as a result of having ADHD. The book is a step by step guide through many of the challenges that teenagers may face in their adolescent years. It would be a great for any teenager or youth, except for one problem: it's a book. If you are a parent with a child with ADHD or ADD, you probably have experienced firsthand the challenge of getting your son or daughter to read for more than half-an-hour. The book should be approached in a "textbook" fashion and should be used as needed in short amounts of time. I would personally suggest working with your child on the book together to make sure they're getting the full amount of knowledge and real life skills out of the activities.

The book includes 40 activities and is just under 200 pages. Although the book relates specifically to ADD and ADHD the activities could be useful to all teens as they range from dealing with drugs and alcohol to "Building Your Brain". The activities are generally pretty short and to the point, and are even capable of being verbally answered if your child prefers that method. Even if you have a fairly capable child school-wise, it is still useful to have around as a "survival guide". It's perfect for when your child comes home from a bad day at school and something is needed to change their thoughts from "I'm stupid! I suck at school." to "I'm intelligent and learn in different styles". The book also includes many short hypothetical stories that many ADHD and ADD teens could relate to.

In conclusion "The ADHD Workbook for Teens" is a handbook for any teen with ADHD, ADD, or a teen that struggles with school for another reason. It's a useful tool that should be used as needed; navigating through the list of activities in the index should suffice to find the appropriate activity for the struggle your child could be facing on any particular day.

This book is available in the ADHD section of the Reach specialized book lending library.



*Daniel Lundquist is a 15-year-old student with A.D.D. Thank you Dan for your guest editorial!*

## Thank you long-time Board members Jill and JoAnn...



In June of this year Reach had to say farewell to two of its long time Board of Directors members: Jill Desjarlais and JoAnn McKenzie. Both Jill and JoAnn had dedicated themselves and gave their time to Reach on the Board, on Reach's Finance, Fundraising and Communications sub-committees, and at countless Annual General Meetings and fundraising events. Each have made valuable contributions, and were passionate about making a difference in their community and in the lives of children with special needs. Thank you Jill and JoAnn for your commitment to Reach and to the children and families we serve. Good luck!



## Reach articles provides advice for transitioning to all-day kindergarten.....



In the 2009 Speech from the Throne, the Province of B.C. announced it is making full day kindergarten available to all five-year-olds in the province. This year full day kindergarten will be a part of every school in BC. If you have a child entering full day kindergarten you may have questions such as how to prepare for the transition, how full day-K will effect your child socially and emotionally, how to deal with added stress once school starts, etc.

Starting July 29th Reach will feature a series of articles in the South Delta Leader newspaper on issues related to preparing you and your child for full day kindergarten. Articles will be featured every Friday until September 2nd. If you don't get the paper on your doorstep read it online at [http://www.bclocalnews.com/richmond\\_southdelta/southdeltaleader/](http://www.bclocalnews.com/richmond_southdelta/southdeltaleader/)

## Volunteers support Reach at McDonald's McHappy Day...

Ladner and Tsawwassen McDonald's Restaurants celebrated McHappy Day on May 11th with proceeds from sales benefitting Reach's Building For Children Together capital campaign. Reach volunteers spent the day greeting customers, face painting, twisting balloon animals and providing the public with information on the project to build a new child development centre in the heart of Ladner. There was lots of entertainment as well. Thank you volunteers for spending your day with us! It couldn't have happened without you!

*(see results of McHappy Day proceeds on back page)*



# Building friendships, skills and confidence at Reach's Kids Friendship Club...



Middle and high school years can be especially tough on youth. For youth with special needs who struggle with social skills, the challenges are multiplied. In these formative years, social skills are crucial. Difficulties with social skills can lead to problems like bullying and social isolation, and impact on a child's confidence and self-esteem.

Reach created the Kids Friendship Club ("KFC") as a bridge to build opportunities for youth with autism and other special needs to develop and maintain friendships. It is a place where youth can come to have fun, hang out, play games and make new friends while learning effective and appropriate ways of interacting and socializing.



At The Kids Friendship Club youth are grouped with other youth around the same age to meet weekly. During that time, with the guidance and support of a clinical consultant and a behaviour interventionist, they will play games, socialize, go on outings, share snacks, make crafts, and participate in group discussions. Youth are given ownership of the program by being highly involved in choosing activities and discussion topics. Teaching outcomes are individualized based on the specific needs of those in the program (no 'cookie-cutter' or 'one-size-fits-all approach' here). It is a natural setting to learn important social skills that youth need as they grow and interact with others in their own lives. Youth attending Kids Friendship Club together often continue their friendships at home.

*"This program was especially good. My son enjoys and looks forward to coming all the time. He learns many skills that he uses not only here, but at school and on a daily basis."*

*"This type of program is absolutely wonderful! My son really benefits from the social interaction."*



Kids Friendship Club is a 1.5-hour program that runs once a week for 10 weeks. Youth in the KFC must be able to manage safely and independently within a group of 4 youth to 1 adult leader. Groups consist of 8 to 10 youth.

The KFC is located at Reach's Play and Learn Centre at 10921 82nd Ave, North Delta

*"The topics they discuss every week are relevant to issues they face and need help with."*

## Fall 2011 schedule:

Grade 4 - 6 boys and girls meet on Wednesday, 6pm – 7:30pm from September 28 – November 30, 2011 Cost \$675\*\*

Grade 7- 9 boys and girls meet on Tuesday, 6pm – 8pm from September 27 – November 29, 2011 Cost: \$700\*\*

Grade 10 - 12 boys and girls meet on Saturday, 10am – 1pm from September 24 – November 26, 2011 Cost \$950\*\*

\*\*Most families use the autism funding to cover the cost of the program

For registration contact 604-946-6622, ext 343 or at [caroly@reachdevelopment.org](mailto:caroly@reachdevelopment.org)

*"(Our son) was able to generalize and apply many of the skills he learned here into school and community. His teacher reports increased participation with peers and initializing at recess and lunch – thank you! "*

For more information visit <http://reachdevelopment.org/kids-friendship-club.html>

# from the Reach Health and Safety committee...

Summer is filled with fun outdoor activities. Safety is an absolute must whenever you are around or in water, especially when it comes to children. The following information is reprinted from the Transport Canada website at [www.tc.gc.ca](http://www.tc.gc.ca) : Information about Lifejackets and PFDs from the Safe Boating Guide.

## Keeping kids afloat.

A lifejacket or PFD is no substitute for adult supervision. Kids should be within arm's reach and should be wearing a proper flotation device at all times.

Lifejackets come only in red, orange and yellow so you are much more visible while in water. Currently, there are three Canadian-approved types to choose from:

Safety of Life at Sea (SOLAS) lifejackets meet very high performance standards and are approved for all vessels.

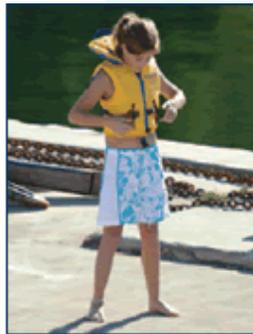
Standard Type lifejackets are approved for all vessels, except SOLAS vessels.

Small Vessel lifejackets are approved for small vessels.

For more information on selecting lifejackets, check out [www.wearalifejacket.com](http://www.wearalifejacket.com).

Personal Flotation Devices (PFDs) are approved for pleasure craft only. You can choose from a wide range of approved types, sizes and colours of PFDs. They do not all come in red, orange or yellow; but it is a good idea to choose one of these colours so you are much more visible when in water.

Before buying a flotation device for your child,



make sure the device is Canadian-approved. Find an appropriately sized device and have them try it on. It should fit snugly, not ride up over your child's chin or ears. If there are more than 7.6 cm (3") between your child's shoulders and the device it is too big and could do more harm than good.

Look for these safety features:

- A large collar for head support
- Waist ties or elastic gathers in front and back
- A safety strap that goes between the legs to prevent the device from slipping over your child's head
- Buckles on safety straps and reflective tape
- Consider attaching a non-metallic pealess whistle to the device

Look for a lifejacket or PFD with a label that states it has been approved by:

- Transport Canada;
- Canadian Coast Guard;
- Fisheries and Oceans Canada; or,
- any combination of the above.

Parents who want their kids to wear a lifejacket should set a good example and do the same.

## Enjoy a summer ride with a duet wheelchair bike...

With summer in high gear people are starting to get outside and enjoy all of those activities that the sunny weather has to offer.

Sometimes that is not as easy as it seems. If you are a child or youth in a wheelchair or with physical or developmental disabilities, outdoor activities can sometimes be more challenging than fun.

Reach has a great solution: a duet wheelchair bike. These amazing units are available for our families to borrow for a day or weekend. The duet bike can accommodate people from the age of 2, and all sizes from 20 to 275 pounds. The wheelchair seat supports the back in a natural position and aids in passenger relaxation. Its low center of gravity provides superior weight distribution and overall stability. Once strapped into the seat the bike can be peddled from behind and the passenger can get the feel of riding a bike.

While perfectly suited to children and youth who use wheelchairs, these units can also be used by others who are not capable of riding alone.

For more information on duet bike rentals call Su at Reach at 604-946-6622 ext. 339



# Mark your calendars...

Date time & location	Name of event and description	To register...
<p>Aug 16th at Sunrise Church in Cloverdale</p>	<p><b>How Safe are Your Kids?</b> Kidproof Surrey Summer Child Safety 1 Day Camp Classes for 5-7 yrs old – Never Bee Lost &amp; Safe Kids 7-10 yrs old – Stranger Smarts 11+ yrs old – Babysitter Training + First Aid</p>	<p>Contact Blair Jordan Kidproof Surrey Ph: 778-846-8531 <a href="http://www.dld.bz/kidproofsafety">www.dld.bz/kidproofsafety</a></p>
<p>Tuesday, August 16 &amp; 23 - 6:30pm - 8:00pm also Tuesday, September 13 &amp; 20 - 6:30 pm - 8:00 pm At Equipped For Learning, Inc. #204 - 14888 104th Avenue</p>	<p><b>Developing Academic and Executive Function Skills</b> Dr. Douglas S. Lee, Registered Psychologist, BCBA-D/Susan Hegler, BA, PDP Learning expected skills and maintaining an appropriate grade level are difficult when Executive Function Skills are weak. Problem solving, decision making, goal setting &amp; attainment and work efficiency are developed and reinforced in these individualized programs which develop and reinforce learning, study, writing and math skills. For children age 9 through adulthood.</p>	<p>Susan Hegler <a href="mailto:shegler@equippedforlearning.com">shegler@equippedforlearning.com</a>  (604) 581-0508  <a href="http://www.equippedforlearning.com">http://www.equippedforlearning.com</a></p>
<p>A 3 part series. August 9, 20, and 27, At Painted Lighthouse Consulting 204B - 15225 Thrift Ave White Rock, BC V4B 2K9</p>	<p><b>Support Group for SIBLINGS of Kids with Special Needs</b> This is an opportunity for parents to come together and discuss the unique needs of these siblings as well as helpful ways to provide support. The siblings will have an opportunity to come together and meet other children living with similar circumstances. The cost for all 3 sessions is \$149 per child.</p>	<p>Rebecca Mitchell <a href="mailto:rebecca@paintedlighthouse.com">rebecca@paintedlighthouse.com</a> (604) 842-2427  <a href="http://www.paintedlighthouse.com">http://www.paintedlighthouse.com</a></p>
<p>September 23-25, 2011 Vancouver, B.C. Canada Location: Kay Meek Centre, 1700 Mathers Avenue, West Vancouver, BC V7V 2G7</p>	<p><b>2011 International Naturally Autistic® People Awards and Convention.</b> ANCA In partnership with: The Ministry of Children &amp; Family Development. Celebrates all that the autistic community has to offer. Aims to raise awareness, celebrate the autistic community and provide a unique opportunity to further education, understanding and acceptance.</p>	<p>For more info or to register online visit <a href="http://www.naturallyautistic.com/">http://www.naturallyautistic.com/</a></p>
<p>Sunday, Sept 25, 2011 10-4:00pm Nat Bailey Stadium, 4601 Ontario Street, Vancouver</p>	<p><b>4th Annual Walk Now for Autism Speaks</b> A fun-filled, family friendly events that bring together members from across the autism stakeholder community.</p>	<p>For more information and how to register please visit the Walk for Autism Speaks website.</p>
<p>10am to 2pm Ladner Community Centre 4734 51st Street, Ladner</p>	<p><b>The South Delta Baby Fair “Great Expectations”</b> This event is free for those who are expecting a baby, for those who have a new baby, and for all who are supporting families with very young children. Over 20 exhibitors, prizes, local programs, services and resources and demonstrations such as Baby Massage instruction.</p>	<p>For more information Contact Muriel Kerr at 604.267.7380 or at <a href="mailto:muriel_kerr@telus.net">muriel_kerr@telus.net</a></p>

# Fundraising news...



Steve Krawchuk, owner of the Ladner and Tsawwassen McDonald's Restaurants, and his staff present a cheque for \$5,000 to Reach Child and Youth Development Society Executive Director Renie D'Aquila and Reach Foundation Chair Irene Forcier.



Irene Forcier, Chair of the Reach Foundation and Renie D-Aquila, Reach Executive Director receive a cheque for \$20,000 from the Rotary Club of Ladner presented by Linda Ottho (incoming Rotary Ladner president) and Guillermo Bustos (past Rotary Ladner President).



**"BELIEVING IN POTENTIAL"**

#3-3800 72nd Street  
Delta, BC V4K 3N2  
[www.reachdevelopment.org](http://www.reachdevelopment.org)

You will receive a charitable tax receipt for the full amount of your donation

Your personal information will not be shared with other organizations

## THANK YOU!

### McHappy Day brings many happy returns for Reach...

Despite the rainy weather customers once again flocked to Ladner and Tsawwassen McDonald's Restaurants on May 11th for McHappy Day to benefit Reach's new building project. A total of \$5,000 was raised through the sales of coffee, Big Macs and Happy Meals. Customers also donated cash on top of their purchases. Thank you to all the volunteers and to the customers who made purchases and donations. And thank-you once again McDonald's for supporting children with special needs and families in your community!

### A generous donation from Rotary Club of Ladner...

On June 21st, 2011 Reach Child and Youth Development Society was presented with a generous donation of \$20,000 from the Rotary Club of Ladner in support of their work with children with special needs and families.

"Supporting youth initiatives has become Rotary's new avenue of Service", says Ladner Club President Guillermo Bustos, "but it is especially important to support children and youth with special needs. We hope that other clubs and community organizations will join in this effort."

Thank you Rotary once again for your generous donation!

### Watch a movie outside and support the building campaign...

Bring your blankets, chairs, pillows and some extra cash to purchase goodies! Reach is the charity of choice for Tsawwassen Outdoor Movie Nights Events this summer. All money raised through fundraising efforts at these events will go towards



TSAWWASSEN  
OUTDOOR  
MOVIE NIGHTS

Reach's Building for Children Together capital campaign to build a new child development centre in Ladner. Come for a night of fun for the whole family and support a great cause! Reach volunteers will be selling goodies, tickets for a 50/50 draw, and taking donations. Movie nights take place:

July 23rd at Deifenbaker Park

August 6th at Deifenbaker Park

August 20th at Tsawwassen Town Centre Mall

Sept 3rd at Deifenbaker Park

Activities begin at 6:30 and the movie starts at dusk. Hope to see you all there!

### Need an easy way to give? Join the 20/20 Vision.

Donate online, by mail or in person at Reach.

Visit [www.reachdevelopment.org/campaign](http://www.reachdevelopment.org/campaign) to find out more.

**THANKS for your ongoing support ~ it's crucial to our success !**